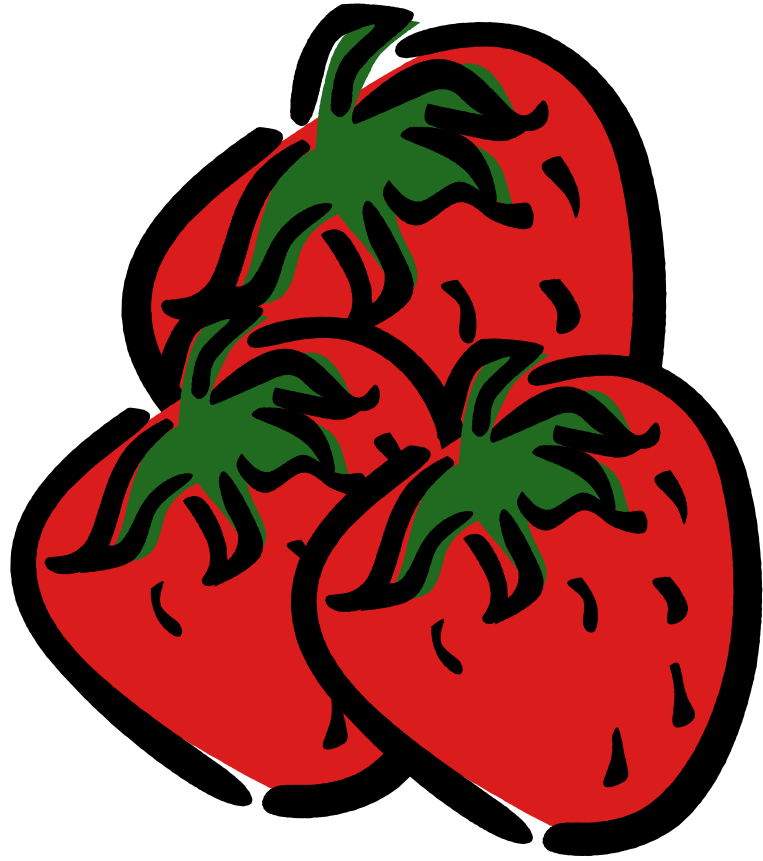✧MAKE ½ OF YOUR GRAINS WHOLE

✧CHOOSE FRESH FRUITS AND VEGETABLES

✧CHOOSE DRIED BEANS, SPLIT PEAS OR LENTILS OFTEN